

Inpatient Mobility

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Our Roles

- **Exercise Physiologists**
 - Develop, progress, and implement exercise/mobility plan for the patients
 - “Move in the tube”
 - Develop home exercise program
- **Registered Nurse**
 - Track problems with patient discharge
 - Help set up patient for ambulation
 - Advocate for patient to the medical team

Goals

- Increase early mobilization
- Improve functional capacity post-surgery
- Educate patients on sternal precautions and surgical expectations from an exercise perspective
- Track patients vitals and exercise/ambulation progression
- Create individualized home exercise programs for patients to follow before attending outpatient cardiac rehab
- Provide the medical team with reasons why length of stay is increased and work to minimize them

Part 1- Prehab

- We will work with patients who are in the hospital for a few days before their scheduled surgery
- Our role is to educate the patient on the surgical process, our goals and expectations from an exercise/ mobility perspective, and conduct physical assessments on the patient
- Physical Assessments
 - 6MWT
 - 30 sec chair stand test
 - 5m gait speed test
- We will visit the patients room for a 30-40 minute exercise session everyday until the day of surgery

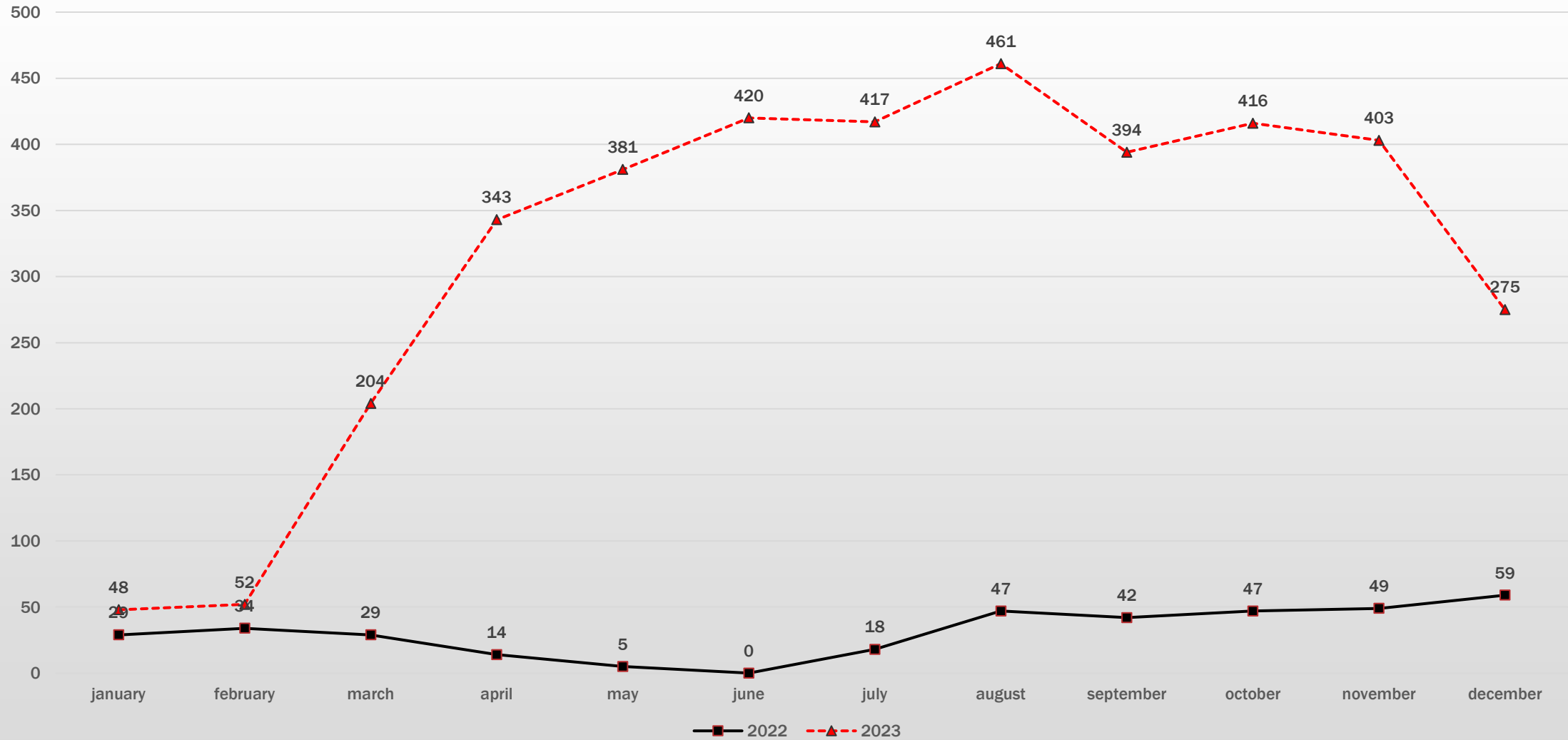
Part 2- Post Surgery Ambulation

- **Ambulation session**
 - Track vitals before, during, and after ambulation
 - Nurse will help disconnect patient from lines/drips
 - Goal is to walk/ambulate twice per day
- **Exercise/Ambulation Progression**
 - Start by walking 2-3 minutes 2x per day on POD1.
 - Progress to walking 4-5 minutes in the ICU.
 - On the stepdown floor, goal is to progress patients to walking 7-10 minutes continuously 4x per day.

Home Exercise Program

- The home exercise program is an individualized exercise prescription plan for the patient to follow at home before they attend cardiac rehab
- Starts with 5 walks per day and progresses to 2 walks per day increasing the duration of the walk each week. This program lasts 4-6 weeks
- **CT Surgeons** want the patients to build up to 2 walks per day of 25-30 min of continuous exercise
- Signs/symptoms to be aware of when exercising at home
- Weather conditions
- Outpatient Cardiac Rehab

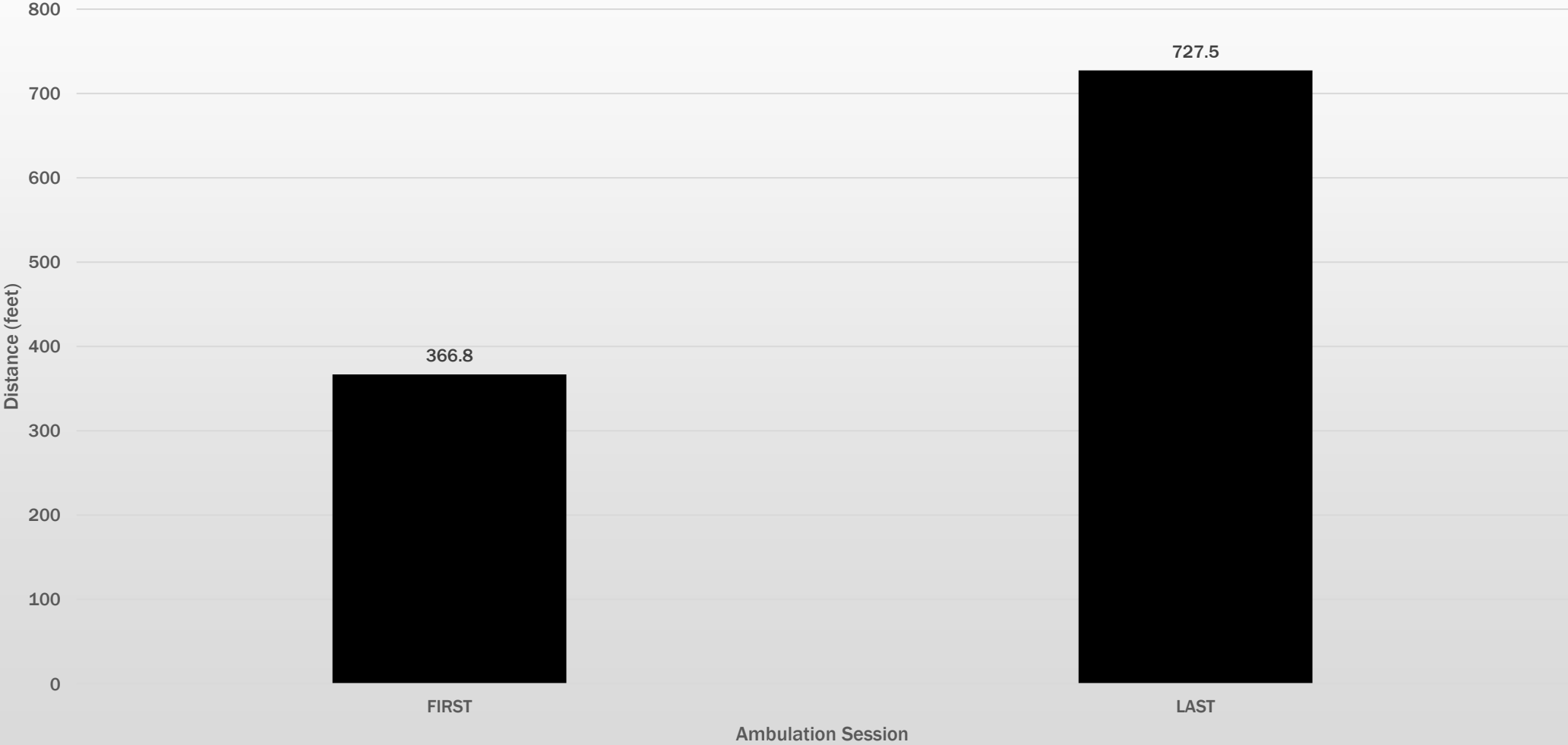
Inpatient Mobility Visits - 2022 vs. 2023



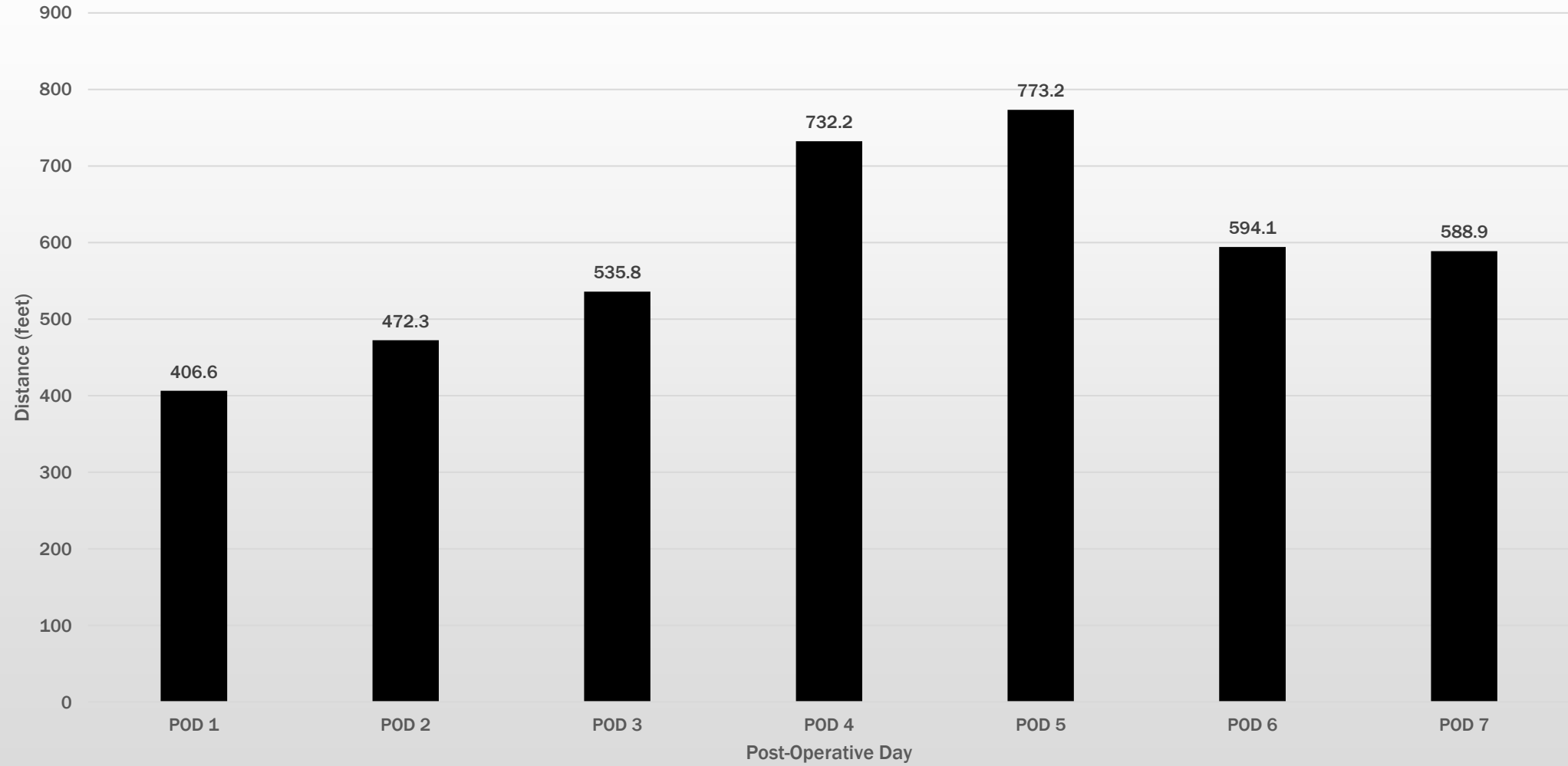
Ambulation Outcomes

- 228 CT surgical patients were seen from May 2023 to December 2023
- Of those, 118 patients were able to ambulate and were progressed throughout their admission with ambulation distances recorded at at least two timepoints
- Whenever possible, ambulation began on Post-Op Day 1 (POD 1) in the CVICU
- Only data from POD 1 through POD 7 was considered...longer stays were thought to indicate complicated cases

Increase in Ambulation Distance



Daily Ambulation Distance



More Research is Needed...

- **How is length of stay affected by Early and Progressive Mobility?**
- **Does in-hospital mobility and home exercise plan improve outpatient cardiac rehab outcomes or hospital readmissions?**

Questions?